

III. BE PRAYERFUL FOR THE NEEDS IN PEOPLE

A. Unhealthy relationships talk to people about people rather than talk to God about people.

“²⁸ bless those who curse you, and pray for those who spitefully use you.” Luke 6:28

“²⁸ A perverse man sows strife, and a whisperer separates the best of friends.”
Proverbs 16:28

B. Healthy relationships pray specifically for people.

- Pray they will grow in love.

“⁹ And this I pray, that your love may abound still more and more in knowledge and all discernment,”
Philippians 1:9

- Pray they will make wise decisions.

“¹⁰ that you may approve the things that are excellent,” Philippians 1:10a

- Pray they will do the right things.

“¹⁰ that you may be sincere and without offense till the day of Christ,” Philippians 1:10b

- Pray they will live for God’s glory.

“¹¹ being filled with the fruits of righteousness which are by Jesus Christ, to the glory and praise of God.” Philippians 1:11

ASSEMBLE YOUR ARMY

“¹³ Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.” Romans 15:13

ANXIOUS FOR NOTHING

Assemble Your Army
Pastor Steve Reynolds

Introduction:

A. Nervous. Tense. Paralyzed by worries.

You weren’t created to live overwhelmed by anxiety. It drains your joy and leaves you stressed, burned out, and exhausted. Your purpose isn’t living in fear. It’s time to fight back and live free!

Join Pastor Steve Reynolds as he declares war on anxiety! Let him guide you through Philippians 4:4-9 which reveals a battle plan to win over worry and experience peace. This Bible passage, written by the Apostle Paul while in prison, contains six verses with six calming steps that lead to one wonderful promise,

“⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”
Philippians 4:7

B. Attend the Anxious For Nothing Spiritual Growth Campaign and Teaching Series and step boldly into the peace you will find when you Anxious For Nothing.

Oct 13	The Anxious Generation
Oct 20	Arm Yourself With Joy
Oct 27	Trust Your Commander In Chief
Nov 3	Fight On Your Knees
Nov 10	Win The Battle For Your Mind
TODAY	Assemble Your Army
Nov 24	Defeat Negativity With Thanksgiving
Dec 1	God’s Peace, Your Peace

C. **TEXT:** Philippians 4:4-9

- The title for our teaching series comes from Philippians 4:6a, “Be anxious for nothing.”
- The Greek word translated “anxious” means to be pulled in different directions.

HOW TO ASSEMBLE YOUR ARMY

“⁹ The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.”

Philippians 4:9

- Paul built many mutually supportive relationships. He mentions over 100 people by name in his New Testament writings.
- Paul built his army of friends by being a friend.
“²⁴ A man who has friends must himself be friendly,”
Proverbs 18:24
Philippians 1:3-11 reveals three ways Paul showed himself to be friendly.

Anxiety Thought #5: Don't try to fight anxiety alone. Build a community of healthy supportive relationships.

I. BE POSITIVE ABOUT THE GOOD IN PEOPLE

- A. Unhealthy relationships focus on the bad in people and ignore the good in people.

“⁹ With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God.

¹⁰ Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so.

James 3:9-10

- B. Healthy relationships choose to focus on the good in people.

“³ I thank my God upon every remembrance of you,

⁴ always in every prayer of mine making request for you all with joy,

⁵ for your fellowship in the gospel from the first day until now,”

Philippians 1:3-5

II. BE PATIENT WITH THE GROWTH IN PEOPLE

- A. Unhealthy relationships criticize people for how far they have to go rather than praise people for how far they have come.

“² Let another man praise you, and not your own mouth; a stranger, and not your own lips.”

Proverbs 27:2

- B. Healthy relationships praise people for the growth in their lives. Plus, they recognize that everyone is still “under construction.”

“⁶ being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;

⁷ just as it is right for me to think this of you all, because I have you in my heart, inasmuch as both in my chains and in the defense and confirmation of the gospel, you all are partakers with me of grace.

⁸ For God is my witness, how greatly I long for you all with the affection of Jesus Christ.”

Philippians 1:6-8

- Salvation- The work God does for us.

“⁸ For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, ⁹ not of works, lest anyone should boast.”

Ephesians 2:8-9

- Sanctification- The work God does in us.

“³ For this is the will of God, your sanctification: that you should abstain from sexual immorality;

⁴ that each of you should know how to possess his own vessel in sanctification and honor,”

I Thessalonians 4:3-4